

Fruits & Vegetables

# Colorful Plate

## A Colorful Plate Reference Sheet for Teachers Common Fruits and Vegetables by Color



**Red:** red apples, cherries, cranberries, red grapes, grapefruit, pomegranates, raspberries, strawberries, watermelon, beets, red peppers, radishes, red onions, red potatoes, rhubarb, tomatoes.

**Yellow/Orange:** yellow apples, apricots, cantaloupe, grapefruit, lemon, mangoes, nectarines, oranges, papayas, peaches, pineapples, tangerines, squash, carrots, pumpkin, yellow peppers, yellow corn, sweet potatoes.

**Green:** avocado, green apples, green grapes, honeydew, kiwi, limes, green peppers. Artichokes, asparagus, broccoli, brussel sprouts, green beans, celery, cucumbers, leafy greens, lettuce, green onion, peas, snow peas, spinach, zucchini.

**Blue/Purple:** blackberries, blueberries, plums, purple grapes, raisins, purple cabbage, eggplant.

**White:** bananas, pears, white nectarines, peaches, cauliflower, mushrooms, onions, potatoes, turnips, white corn.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 1st—Fruits and Veggies a Colorful Plate

# Eat Smart Be Smart